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**NUTRITION ASSISTENT APPLICATION**

Batch code**: (PNT2022TMID30061)**

Batch no : **B9-3A5E**

**PRESENTED BY:**

**ANAND c (610819205002)**

**MUTHAMIL M (610819205029)**

**ARUN KUMAR A (610819205005)**

**MUTHUKUMAR E (610819205030)**

**SAKTHIVEL M (610819205041)**

**GUIDED BY : Mrs. V. BHAGYALAKSHMI**

**MENTOR: MR. A. RICHARD WILLIAM**

**Department of information technology**

**b. tech (IT) – iv year**

**Er. Perumal Manimekalai College Of Engineering, Hosur**

**Content**

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**1. ABSTRACT**

**2. INTRODUCTION**

**3. LITERATURE REVIEW**

**4. REFERENCE**

**ABSTRACT**

Good health can be achieved by maintaining good behaviors such as a good night sleep, enough exercise and good nutrition. However, the competitive environment now a days prevents such good behaviors. Thus, this work aims to develop an application on mobile devices that is able to record the daily sleeping, exercise and nutrition information, analyze the collected information in order to provide a notification or an alarm, and present the analyzed results in a simple and easy to understand format. The proposed application can collect data from other application and from the users. A set of simple data analysis methods is performed on the collected data in order to provide a personal health advice based on the user pre-defined preferences.

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be affected by lack of sleep such as drowsiness and long-term health problems [1,2]. Many

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In the competitive work environment, nowadays, it is not easy for many people to manage good

sleeping and exercise habits. With busy work and personal life schedules, many people indulge

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Today smart phone technology is a good candidate for this project because of its low cost,

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become a typical device in daily activity. In addition, a current smart phone includes a lot of sensors

such as an accelerometer, a microphone and a light sensor. These features make a smart phone

suitable for collecting personal data in this work. Android is a Linux-based operating designed for

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many developers.

Thus, this project aims to develop an application for Android smart phones that has a capability

(1) to record the information related to the duration and quality of sleeping, the types and duration

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Personal Health Assistant on Android Mobile Device:

Sleeping, Nutrition and Exercise

Kiatateeti Anusornpakdee

1, a,\*

, Matugorn Limpanadusadee

1,b

,

Sangsuree Vasupongayya

1,c

and Sinchai Kamolphiwong

2,d

1

Department of Computer Engineering, Prince of Songkla University, Thailand

2

Center of Network Research, Prince of Songkla University, Thailand

a

um.anusorn@gmail.com,

b

papapung999@gmail.coml,

c

vsangsur@coe.psu.ac.th,

d

ksinchai@coe.psu.ac.th

Keywords: Personal Health Record, Android, Sleep, Exercise, Monitoring.

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Introduction

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* Wellness and healthy lifestyles become mainstream.
* Interest in fitness apps and revenue from them growing high because people striving to INTRODUCTION

of exercise activities and the amount of nutrition consumed, (2) to analyze the collected data and

provide a notification or an alarm in order to suggest or remind the user in taking care of his/her

health; and (3) to present the analyzed results in a format that is easy to understand without the need

of a deep medical knowledge. The rest of this document is organized as follows. Next, the design is

given. Then, the results and discussions are given. The conclusion is given at the end

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**LITERATURE REVIEW**

Food recommendations for nutrition personalized according to individual health requirements are a major research gap identified by several food recommender systems surveys. Nowadays India is undergoing an impressive economic growth accompanied by a very slow decline, almost stagnation, in malnutrition levels. In developing countries, studies on dietary patterns and their relationship with nutritional status are scarce. Over the years some nutritional studies have been performed to explore different types of food consumed in various Indian regions, among different social samples. To review and describe trends in food and nutrition intake patterns in the different states of India. The review was carried out in PubMed, using the advanced research criteria: [food\* OR ("meal pattern\*") OR ("eating pattern\*")] AND ("nutrient intake") AND India\*. Food intake patterns showed that most of the Indians are vegetarians and that food items rich in micronutrients (pulses, other vegetables, fruits, nuts, oilseeds and animal foods) are generally consumed less frequently. Poor and monotonous cereals-based diet may promote inadequate nutrition intakes according to Recommended Daily Allowance (RDA) standards.

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